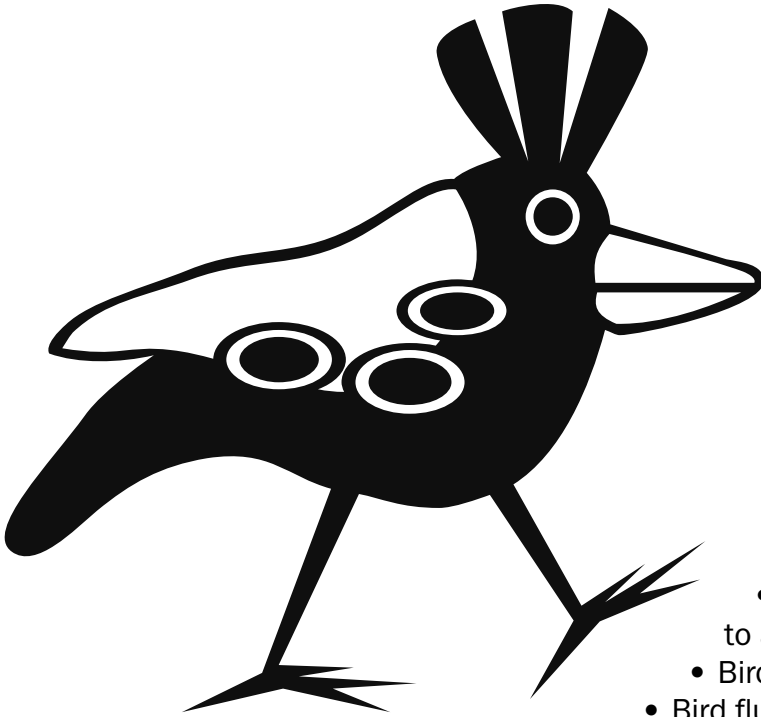


Bird Flu and You

Get the Facts!



Many birds around the world are getting sick from H5N1 avian influenza. This is known as “bird flu.”

Experts think the bird flu will come to the United States, maybe even this year. It is not here now.

If it does arrive here, you should know:

Bird flu is not the same thing as “pandemic flu.”

- Pandemic flu would make lots of people sick all over the world.
- It would spread easily from one person to another.
- Bird flu does not do that.
- Bird flu would have to change form to become pandemic flu. We don’t know if this will ever happen.

Bird flu is hard for people to catch.

- Most people who became sick with bird flu came into contact with sick chickens or ducks and touched them with bare hands.
- You could also get bird flu by touching things that had droppings from sick or dead birds on them.
- Meat that has been cooked all the way through cannot give you bird flu.

Even though bird flu isn’t here right now, you should never touch wild birds with your BARE HANDS.

- Birds can carry many kinds of germs that can make us sick.
- A bird could look fine and still be sick.
- If you **MUST** handle a sick or dead bird, wear gloves and wash your hands afterwards.

To learn more about bird flu, visit
healthvermont.gov